





Conestoga to the rescue



with the City of Elaborary Nytorico Rogen PMA, the

Student hopes to compete at Junior Pan-Am Games



No.2 - 9700 Now deep thoughts ... with Conestoga College

If you could yote for any cartoor character for Prime Minister, who would it be and why?



WISGOC, and Wears Oghis

April is Parkison's Awareness Month

President receives

President receives lifetime achievement award Police warn of fraud



states the the laterated with Type of the States and Type of the Sta

U of W prof seeks election as independent

The second of th



The All Legan Monacolog Award is given to a Conscious visidant CFFS1

Charlie! West Checkel

Vote intelligently

Letters are welcome than 509 marks

Acutoligied below will be

Coming out on a serious issue What would you see if I

The Tepple, made heafflings

and who are we, and who are

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE FOURNALISM STUDENTS OF CONESTOGA COLLEGE

Get the scoop on area bars New website helps you plan your evening out



TURN YOUR DIPLOMA MOTION AND RESERVE



Lakehead

Clean up for Earth Day

"A har been done for the last few years" said Chadatho "No copport con our circum' Grape who

deing it, and with the green If an only teaching described

and build a stronger







Proje E + SPOKE

Conestoga professor wants to see change

By PAGE SEVERS

\$15 million leaves the country every reas

+0.004 that 500.000

reprener

Sinding Desired-Easth, a Constroney engineering COUNSELLOR'S CORNER: A Good Night's

is siness causing you to lose sleep? Having a sleep

These ties can help improve your sleep.

Set a standard roung time. His bot your leternal clock by residing the templaton

Practice treathing or distrection strategies when attempting to get to sleep

To learn more about beathy slewbie habbs, talk to a counselor in Counseling Services.

The most common sleep problems include sleep easet measurals (taking more than a Avoid contribe country steeping medication, drags and alcohol. These may

Marriam a standard bedding. Go to bed within an hour of the same time each Don't go to bed too early If soully trying to get to bed earlier, don't change your

Creets a good steep newtranswest. For most people, a good steeping temperature Aroust necomo durino the des. This can obsust your ability to get to sleep at might

A Mezzaga from Counselling Services, 1A101







Buy some art. save a turtle

Great idea. questionable name



SMILE COOKIES FOR EVERYOMS

SPORT - Prop 11

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Word on the street...

C COMMITTOR STREET

Tertie Hoven and Educa Fine Arts Gallery are terrorase

rmestment. - Dryw Ripley, auction

countries were for Eclaric



O LUCK ON YOUR EXAMS

Conestoga students rock the Sanctuary







This say season you may be eligible for a number of create and benefits. Makandano patancealitis to see a fulf like and learn flower about qualifying

